CITY OF ROGERS ADULT WELLNESS CENTER



AWC Active Aging

VOLUME XII, ISSUE VI

NOVEMBER/DECEMBER 2019



Happy Holidays AWC!

Lesli Ossenfort, Director

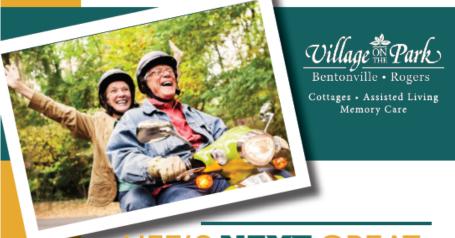
I hope you find peace and joy this holiday season among all the

hustle and bustle that it brings. I also hope that you can make time to truly enjoy the season with your family, friends, and all of us at the AWC! We invite you to celebrate with us and take part in all the activities and programs we have planned for the holiday season (see pages 2 & 3). From Christmas concerts, Holiday Variety show, bake sales, Christmas light tours, Holiday themed classes and our annual must-attend Potluck & Sing a long, we hope you will find something that will inspire your Christmas spirit! Thanks to all that helped us celebrate our 13th anniversary, we had another successful fundraiser! We were able to raise over \$15,000 for the AWC in sponsorships, silent auction & ticket sales! We had a great turnout for Casino Night and gave out 95 prizes that were valued over \$5,000-Thanks to all of the generous donations we received from local businesses! We especially want to thank all of our generous local event sponsors (see page 4) that made these events possible! All of the funds raised by these anniversary events go into supporting the needs of the center, enhancing our services, and into our scholarship fund. We also want to thank all of you who donate to the center as part of your end of year giving. All donations given to the Adult Wellness Center are considered tax-deducible gifts. We provide you with a letter to use for your tax records a receipt for your donation. Thank you for your generosity & for your support, we greatly appreciate it! We also appreciate

your understanding & patience when we

will be posted soon. Happy Holidays!

have repairs this season, more information



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The perfect senior living communities location in Bentonville and Rogers, that offers individual cottage homes, spacious assisted living, and memory care. A new home that provides the perfect blend of lifestyle, convenience, and wellness support. We invite you to come join Jack and new found friends & neighbors who Live Life Well® at Village on the Park!

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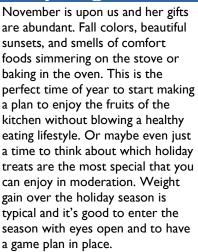
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2200 W. Laurel Ave.

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Proud Sponsor of the Adult Wellness Center

Staying Healthy During the Holidays



In November, the AWC has two classes to help you focus on healthy eating. On Tuesday, Nov. 19th at **II:00AM** Misty Burkes from Humana will present The Skinny on Fat. Fat got a bad rap in the 80's and 90's, but our body does actually need fat in order to function and be healthy. Misty will tell you which fats are the best for you and what they do for your body. And then on Tuesday, Nov. 26th at II:00AM Shelby from Cook's Natural Foods will present Building a Healthy Diet. Shelby will discuss how to get all of the

nutrients you need from eating nutrient dense foods and she'll also talk about taking vitamins. Both of these classes are free and you can register at the front desk to attend.

We also have a new group that is meeting on the first Thursday of each month at I I:00AM called Enjoy Life Gluten Free. Linda Fish coordinates this group and they discuss tips, products and recipes for those who are managing a gluten-free and/or dairy-free lifestyle. New faces are always welcome.

Holiday Stress

The familiar Christmas song says that it's the most wonderful time of the year, the holidays. But for some, the holidays aren't exactly the happiest time of the year. Difficult family issues seem to intensify during this season. And loneliness is a big factor for some as Thanksgiving and Christmas approach. The holidays can actually feel more isolating and sad. To help you deal with the

darker side of the season,
Elisabeth Bostian-Neal, a Social
Worker with Springwoods
Behavioral Health will be at the
AWC on Thursday, Nov. 14th
at 11:00AM. Elisabeth will
discuss Dealing with Holiday
Stress: Family Issues &
Loneliness. She will give tips on
coping with these difficulties and
being prepared, so that you can
have a less stressful holiday.

Ten Things You May Not Know About Therapy

Presented by Joe Manthe,
Director of Orthopedics
& Therapy Services
Monday,
November 18th
11:00AM



Bus Trip

This year's annual holiday bus trip will be a little different than previous years. After

receiving many requests for this year's trip, we will travel to Pawhuska, OK to visit the home of the

Pioneer Woman! Mark your calendars for Monday, December 2nd because this is sure to be a blast! The trip will include a catered lunch served family style, plenty of

time to shop at the Mercantile and bakery, and even includes a visit to the Lodge, which is

MERCANTILE

the filming location for her cooking show!
And on the way home, we will tour the spectacular

Rhema Bible College Christmas Lights in Broken Arrow, OK. Stop by the front desk to get signed up for this holiday adventure. Space is limited and this is sure to fill up fast!

AWC Weather policy

The AWC will close due to weather only if the City of Rogers Administration Office is closed. If the Rogers School District calls off classes, the AWC will cancel all classes and activities for that day as well.

However, we only actually close if the City offices close.

Announcements regarding weather closings will be made on TV (KNWA & 40/29) and on the City website. You can also call the center, and a message will indicate if we are closed or have modified hours.



Safe Winter Driving

CarFit is coming back to the AWC! CarFit is a safety program that inspects your vehicle and how it "fits" you. Each inspection takes about 20 minutes and is done right out in the parking lot. Inspectors will check and help adjust things such as seat heights, steering wheels, and mirrors. It's free and can really help drivers be more safe out on the road. AWC will host CarFit on Wednesday, Nov. 6th from

9:00AM to 1:00PM. Space is ready for the cold as well as limited, so please make your appointment soon at the front winter weather. And if you'd desk. If you are interested in becoming a trained inspector, please talk to Brandy in the office. And for the winter season, Joe Gratzl will present Getting You and Your Car Ready for Winter on Tuesday, Dec. 3rd at 11:00AM. Joe will discuss winterizing your vehicle to make sure it's

give you safe driving tips for like to save some money on your car insurance and learn to be a better driver, the AWC will be hosting it's last **AARP Driver Safety Class** of the year on Tuesday, Nov. 19th from 9:00AM to 1:00PM. The class is \$15 for AARP members and \$20 otherwise. Save your spot for these events at the front desk.

Christmas Cooking Class:

Appetizers & Cookies Friday, December 6th 1:00PM Demo Kitchen

Chef & Designer, Pamela Christmas, will prepare delicious holiday appetizers & cookies. Sample her yummy treats and then take the recipe home to try yourself.

\$5 AWC class fee plus \$15 to the instructor. Register by December 2nd.

Holiday Music at the AWC

Christmas Variety Show

Wednesday, December 4th 1:00PM

If you have a talent to share with a holiday flair, please let Brandy know by Nov. 27th.



& Sing-Along Wednesday, December 11th 12:00PM

AWC will provide the meat. Please bring a side dish.

Saints Alive Choir **Christmas Concert**

Tuesday, December 17th 1:00PM

The choir from the First Baptist Church of Rogers will share their Christmas concert.

Christmas Kid's Orchestra



Wednesday, December 18th 1:00PM

Join us for an instrumental concert given by a local family orchestra.

Christmas Lights & Cocoa

In just a few weeks, people will be seen up on ladders in their yards, taking advantage of the last remaining warm weather to get their Christmas lights on the roof for their dazzling light displays! There's a Clark Griswold hiding deep in the heart of many people as Christmas time approaches. The AWC has an opportunity for you to admire all of these light displays along with a cup of cocoa and an evening of festive fun and entertainment.

On Monday evening, Dec. 16th the AWC will hold the third annual Christmas Lights and Cocoa. This event is sponsored by First Light Home Care. A delicious array of appetizers and goodies will be served along with cups of hot cocoa, and there will be live Christmas music in the lobby. For this event, the AWC partners with local businesses in the community who provide buses to take

members to see the Christmas lights around our local area. It's a great time to enjoy the lights of the season with others and get into the holiday spirit, without even having to drive yourself. More details on signing up for the Christmas light tour will be available after November 25th, so stay tuned!



You may be eligible to have your AWC membership paid for if you are

Medicare Eligible

and have a qualifying insurance supplement!

These programs are beneficial for the AWC!

Please check at the front desk if you think you might qualify!



CITY OF ROGERS

ADULT WELLNESS CENTER

2001 W. Persimmon St

Rogers, AR 72756

Phone: 479-631-3333

Fax: 479-986-6803

www.rogersar.gov

Open Monday-Friday 7:00 am - 7:00 pm Open Saturday 8:00 am - 12:00 Noon

Active Aging to Enhance Quality of Life!

AWC Closed for Veterans Day **Monday November 11th**

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Help us cut down on paper waste. Please keep the included calendars to refer to throughout November and December.









Bentonville •

Rogers



Bingo Sponsor: Primrose Retirement Communities



To us, it's personalsm



Arkansas

BlueCross BlueShield

Thanksgiving Pie & Goodie Sale Wednesday, Nov. 27th 7:00AM

If you'd like to bake, please let Brandy know by Nov. 22nd





Veterans Day Celebration Friday, Nov. 8th 1:30pm

Join us as we honor our Veterans and thank them for their service.

AWC Holiday Closin

Veterans Day

Nov. II

Thanksgiving

Nov. 28 & 29

Christmas

Dec. 24 & 25

New Years

Jan. I

Have a safe and happy holiday season from the AWC staff!